






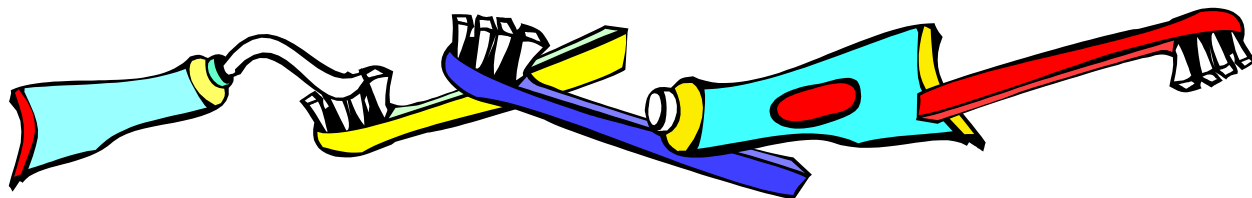


# How to... Brush and Floss

-  Young children, until about age 8, need help with brushing and flossing daily.
-  Use a soft bristled toothbrush with a small head.
-  Use only a pea size amount of a favorite flavor fluoride toothpaste.
-  Brush teeth and gums for at least 2-3 minutes .....about the length of a song.
-  Rinse toothbrush well and let it air dry.
-  Replace toothbrush every 3-4 months, sooner if you've been sick.
-  Brush at least twice a day, especially before bed.

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